

FAMILY LIFE

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Edited by Paul Popenoe

THIRTY YEARS OF AIFR

Organized during 1929, the American Institute of Family Relations opened its door to the public on Feb. 3, 1930. It received its charter from the state of California, as a non-profit educational organization, a few weeks later, on Feb. 28.

In the succeeding 30 years the AIFR has helped more than 80,000 persons with direct counseling and reached many millions of others through its widespread educational activities. Starting with a staff of only one person (the founder, Dr. Paul Popenoe), it now has a staff of more than 100 persons, including 70 highly trained marriage counselors.

At the 30th annual meeting, on Feb. 8, 1960, Dr. Popenoe retired as general director and was elected president of the corporation, in which position he will continue to give his time to the promotion of the Institute's activities, but will be freed from administrative duties. Dr. Richard H. Klemer, who has been for several years associate general director, succeeded him as general director. Dr. Paul Lloyd was elected chairman of the board of trustees; Mrs. Lucile Morrison vice-

president, Dr. Klemer secretary, and William W. Cottle treasurer.

Dr. Roswell H. Johnson, who has been director of the department of counseling for a quarter of a century, also retired from that position and was succeeded by Clinton E. Phillips, who has been associate director of the department for nearly a decade.

During recent years the staff has been giving about 15,000 one-hour consultations each year to 5,000 different persons. In addition to marriage counseling, it offers child guidance, information on heredity, preparation for marriage, counseling of adolescents, and special help to the elderly. Physicians are the principal source of referral; then family and friends, clergymen and attorneys; while many of the Institute's clients come as a result of learning about its work from lectures, radio and television, and newspaper and magazine publicity.

Most of our clients are couples who have been married from five to ten years, with a child or two. One-fourth of them have failed in previous marriages. In three-quarters of the cases, it is the woman who comes first, but

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we are usually able to get the husband to come afterward so that, of the total counseling load, 57% is devoted to wives and 43% to husbands. It can be taken as axiomatic, if one spouse is miserable in the marital relationship, the other is not likely to be happy. It is not particularly difficult, therefore, to get the husband's full cooperation. But in perhaps 20% of the cases, we see the wife only. The husband may be absent or wholly non-cooperative. The wife may not want to let him know that she is seeking help. In other cases, we see the husband only, for similar reasons. While we are always happy to work with both partners, it is not necessary to successful counseling. We are quite ready to deal with either one who comes and can usually show that one how to meet the problems single-handed.

One of the most important activities of the department of counseling is its training course, candidates for which are very carefully screened. They must have a graduate degree in a related field; they must be (or have been) happily married, must come up to a very high standard of emotional and social maturity, ethical and moral qualities, and must have a natural aptitude for counseling. The length of the course is two semesters,—an academic year. In addition the Institute offers each summer a two-week workshop in the techniques of counseling, which

serves as a refresher course for clergymen, teachers, probation officers, and others professionally concerned. The twelfth of these workshops, in August, 1959, was attended by 93 persons from more than half of the states of the Union.

The department of education has put on nearly 300 workshops and conferences throughout the United States, most of them sponsored either by colleges and universities or by public school systems. Its lecturers have also appeared in nearly 200 colleges and universities and in innumerable high schools, churches, women's clubs, and before forum audiences.

It has a home study course in sex education, prepared by the nationally-known authority, Roy E. Dickerson, which has been widely popular in Parent-Teacher groups as well as among individual parents. It maintains a circulating library, and publishes the monthly bulletin, *Family Life*. One of its rapidly growing features is help for normal childbirth. Through lectures on prenatal care and mothercraft and through childbirth training, which includes individual instruction in the muscular conditioning techniques and breathing methods for the different stages of labor, it collaborates with the obstetricians in providing intellectual, emotional, and physical preparation primarily for the expectant mother; but there are classes for husbands, too!

Another popular feature of the educational department is a course called "Less Work, More Fun, for Homemakers," in which short-cuts and time-savers are taught as well as wholesome attitudes toward the whole sub-

ject, use of children's cooperation in homemaking, and collaboration between husband and wife.

One of the interesting developments during the past decade has been the classes in what we call social effectiveness. This deals with young women (and some men, too) who have passed the average age of marriage. They are perhaps nearing 30 or beyond it, they want to marry, but do not seem to know how to do so. It is no part of our work to introduce them to men,—in fact, they are meeting men every day,—but it is our task to teach them how to achieve more satisfying relations with other human beings. We have helped more than 1,000 women in this way during recent years.

The Institute also reaches the public through a series of articles (now in its ninth year) written by Dorothy Cameron Disney in the *Ladies Home Journal* under the title, "Can This Marriage Be Saved?," in which one of the Institute's cases is described, the difficulties being set forth by the partners, followed by the counselor's discussion of how the marriage was changed from failure to success. A daily syndicated newspaper column, "Your Family and You," by Dr. Popenoe, appears from coast to coast. A full-length dramatic motion picture, "A Modern Marriage," was shown in 3,000 theatres of the United States and Canada then went on the television circuit. A number of popular radio and TV features have been on the air. Members of the staff are frequent contributors to both scientific and popular magazines and have authored a number of books on marriage and family life.

From such sources, hundreds of inquiries come yearly for help from persons who are not near enough to Los Angeles to come in person. These are always answered in detail, without any charge. Sometimes the Institute's staff can provide all the needed information by mail, or put the correspondent in touch with printed sources of help. Usually, a referral is made to some competent and trustworthy counselor within reach of the inquirer. For this purpose the Institute maintains a large and continually revised index of counselors all over the world. Many of them have been trained by the Institute in the past.

The department of research has pioneered in collecting information on every phase of family life. So much has been published during recent years that it is hard to remember how little real evidence on the most important subjects was available 25 or 30 years ago. During the last few years, this department has concentrated on studying the factors present in successful counseling, in line with one of the Institute's primary aims, to raise the standard of marriage counseling everywhere.

THE GIFTED AND THE TERMINOLOGY DILEMMA. Pp. 2, price 25c from National Association for Gifted Children, 409 Clinton Springs ave., Cincinnati 17, Ohio.

BOOKS OF THE YEAR ABOUT PARENTS AND FAMILY LIFE, a reprint from *Child Study*. Pp. 8, price 25c from Child Study Association of America, 9 E. 89th st., New York 28, N.Y.

MARRIAGE EAST AND WEST

The lecturer was from the United States, but he was speaking to a large and attentive audience in Colombo, the capital of Ceylon. "Marriage In The Modern World" was his subject. At the conclusion a dark-skinned gentleman in flowing white robes climbed onto the platform, brought out a bundle of notes, and began to read facts and figures from the United States divorce rates, figures of juvenile delinquency and sexual crimes, data from Kinsey report concerning pre-marital and extra-marital sexual relations. Each new fact was given due emphasis.

"Ladies and gentlemen," he concluded, "that is how they are living in the part of the world from which our lecturer comes. Do you think that people who behave like that have anything to teach us about how to conduct our family relationships?"

"This is how they feel," says David Mace, who was the lecturer. "One of their strongest feelings is the horror with which they regard the 'mess' we have made of our family life in the West." The picture of the West that has built up in their minds is compounded of many elements. "First, Hollywood movies. Then, the morals of Western men in uniform, and of some not in uniform. Then, our sex-ridden magazines. Then, the Kinsey report. Especially the Kinsey report. It would not surprise us to learn that Alfred Kinsey's name is more widely known beyond the frontiers of the United States, than that of any contemporary American. The name of Kinsey seems to have penetrated where Western influence is otherwise negli-

ble. And with it, a garbled twisted picture of Western men and women living in the depths of moral depravity . . . We shall not begin to understand the East today until we recognize the contempt and disgust with which many Asians view what they consider to be our standards of man-woman relationships. They have a mental picture of the United States as a land of lecherous men, shameless women, sex-mad youth, and children beyond all control. Unfortunately, among those who hold this view are some who have visited the West."

Dr. Mace, widely known as a writer, lecturer, marriage counselor, is now associated with the University of Pennsylvania. He and Mrs. Mace spent several years in the Orient, under the auspices of Christian missionary movements, helping clergymen and others in Asiatic countries to familiarize themselves with modern methods of marriage counseling and family life education. One of the products of this work is their new book, *Marriages East and West* (Pp. 358, price \$4.50 from Doubleday & Co., 575 Madison ave., New York 22, N.Y., 1960) It provides a carefully-drawn picture of marriage and family life of half of the entire human race,—the half that is in the Far East. In all Asiatic countries, generally speaking, the family has been patriarchal, and male superiority has been based on a pseudo-biological foundation,—the supposition that the man contributed the "seed," which produced a child, and that the woman was merely a vessel in which this seed grew and developed. An extremely high evaluation was placed on the

chastity of women. Marriage was an affair of importance to the family and community, even more than to the individual. So-called romantic love was not a factor in mate selection; the latter was a function of the elders. Marriages were, on the whole, happier than those in America and, with the partial exception of Japan and a smaller country or two, were stable.

With the spread of a concept of the freedom of the individual, the marriage and family patterns of the East are changing to an extent, say the authors, that is "likely to build up to the dimensions of a social revolution." There is a drift, even though a slow and irregular one, toward the so-called democratic family of America which is spelled out in four words—freedom, independence, equality, and fulfillment. As interpreted, or misinterpreted, by Americans, these four ideas are producing a chaotic, destructive, suicidal type of family life here. They need not and should not do so; but they will require better understanding, and great changes in behavior based on such better understanding. So in the East. If the external controls were relaxed too rapidly, the result might be catastrophic.

Mate selection is one of the crucial factors. The American system is not working well, the authors insist. Statistically a wedding has only half a chance of producing a reasonably successful marriage. There are four possibilities:

1. Selection by the parents—the young people themselves not consulted. This is the traditional method of the East.

2. Selection by the parents, but the

young people consulted.

3. Selection by the young people, but parental approval necessary.

4. Selection by the young people—the parents not consulted. This is the accepted American pattern.

"Which of these methods is most desirable?" The authors would reject the first and last. "The desirable ideal, we believe, is a co-operative selection by young people and parents together. This may not always be easily achieved. But it is worth the effort that may be needed.

How can the happiness of marriage in North America be further improved? It is closely related to expectation. The East does not expect too much, and is satisfied; the West expects too much, and can not be satisfied. "Expecting more than was reasonable, young people have been doomed to disillusionment from the start. Their inflated hopes, incapable of fulfillment, were bound to be shattered."

One of the greatest necessities in the West is to work out a more satisfactory role for the husband and father. "What is needed is not, of course, a return to patriarchalism as such . . . It is not power that the Western man needs to recover, but the exercise of his proper function in the home."

Dr. and Mrs. Mace document the story fully and present it in great detail. There are many ugly aspects of marriage and family life in both hemispheres; but both have values that must be kept and they think the future depends on keeping the best of these values from both sides: "an attempt to bring East and West together in a co-operative enterprise . . .

They must meet, join hands, and move forward into the future together."

This is not merely a very readable book but a very important book which if widely enough studied, might have a far-reaching influence in two hemispheres.

Child Marriages in U.S.A.

Each year in the United States several thousand girls aged 14 years or less, are married.

Latest figures from the National Office of Vital Statistics are in a report for the marriage-registration area, 1957. Data cover only about one-half of the country, for many states do not provide a full report to the federal government. For 24 reporting states the total number of persons married in 1957 *under* the age of 15 was 1907. In addition there were 6,970 marriages of 15-year-olds, of whom 67 were boys (one of these had been previously married and divorced.)

For the states that provided information, on color, the total number of brides *under* 15 years, first marriages, was 1,820, of whom 1,347 were listed as white, 468 non-white; in five other cases the color was not stated. In addition to these first marriages there was one widowed girl and three divorcees remarrying, all under 15. Seven grooms of 14 years or less were also enumerated.

It is worth repeating that these figures represent only about half of the United States.

Most of these child marriages were in the Deep South. Georgia led the list with 471, of whom 370 were white. Mississippi followed with 344,

then Alabama 191, Maryland 107, Virginia 95, Tennessee 89, and so on.

Notes from the AIFR

THIRTEENTH ANNUAL summer workshop in the techniques of counseling will be held at the Institute office from Aug. 1-13 inclusive. This gives teachers, clergymen, social workers, probation officers, organization executives and others professionally interested and qualified, a chance to profit by the 30 years experience of the Institute in this field. Fee is only \$65. Early registration is desirable, since attendance must be limited to 100. For detailed program address: Mrs. Leslie Kimmell, registrar, AIFR, 5287 Sunset Blvd., Los Angeles 27, Calif.

PREPARATION FOR PARENTHOOD NEWS is a new mimeographed publication issued every other month under the editorial direction of Mary Jane Hungerford, assistant director of the Department of Education of the AIFR, who is in charge of the Institute's popular classes for expectant mothers, and for prospective teachers or the subject. Subscription is \$1 per year. Write to the Institute for a free sample copy.

DR. AND MRS. PAUL POPENOE have returned to California after a four months tour abroad, during which they studied marriage counseling and family life education in 12 countries.

INDIA now has 1,000 birth control clinics and 1400 maternity centers. The next five-year plan promises to quadruple the funds allotted to birth control and to establish 8,000 new clinics in rural areas; 15,000 in cities. Camps to train surgeons in sterilization methods are being established.

NEW BOOKS IN BRIEF REVIEW

RUNNING A HAPPY FAMILY, by Henry and Elizabeth Swift. Pp. 180, price \$3.50 from the John Day Co., Inc., 62 W. 45th st., New York 36, N.Y., 1960.

Running A Happy Family tells how to do exactly that. Although the topic isn't new, the approach is! Throughout, the authors stress the point that if parents gave their children the same type of consideration and understanding that the father might conceivably use in dealing with his employees, a more harmonious family would be the result. As children learn by example, it's highly probable that their parents may be rewarded in kind; with consideration and understanding. Do's and don't's are given for countless everyday family problems dealing with children, with sensible reasons for both. The authors' suggestions appear to be surprisingly easy to put into action, and are based on Mr. Swift's long experience in handling people in groups.—Katherine Sinclair

HOW TO HELP YOUR HUSBAND RELAX, by Beth Wheeler. Pp. 239 (no index), price \$3.95 from Doubleday & Co., 575 Madison ave., New York 22, N.Y., 1960.

Practical advice, simply and interestingly stated, from the wife of the well-known salesman, Elmer Wheeler. Mrs. Wheeler insists on the importance of the right kind of food, well cooked, attractively served, and eaten in a pleasant emotional atmosphere, and believes that a large part of all American homes are deficient in every one of these respects. She takes up household

finances, hobbies, vacations, "interpersonal relations," and half a hundred other important topics, and if she has nothing new to say on these, she at least emphasizes well-known truths that ought to be far more widely applied! The book can be recommended to every wife; but someone should write a sequel telling husbands "how to help your wife relax."

●
YOU CAN HAVE A NEW LIFE! by Everett W. Palmer. Pp. 127, price \$2.25 from Abingdon Press, Nashville 2, Tennessee, 1959.

The sub-title of this book, "How to meet everyday problems with the resources of the Christian Faith," suggests the basic procedures recommended by the author, Dr. Palmer, minister of the First Methodist Church, Glendale, California. The book is full of practical advice on how to overcome temptations, how to stop worrying, how to gain victory over hostility, loneliness, sorrow, and how to renew one's life through giving "God a place and a time each day." Dr. Palmer's rich background of experience, ranging from a ranch hand in South Dakota to exchange preacher in England, provides the abundant resources from which he verifies the effectiveness of the Christian approach. —Harold G. Ronning, Ph.D.

●
1,000 HOMOSEXUALS, by Edmund Bergler. Pp. 249 (no index), price \$4.95 from Pageant Book Company, 59 Fourth ave., New York York 3, N.Y., 1959.

Dr. Bergler's book presents a com-

prehensive picture of the plight of the homosexual. The material is accurate, and the interviews and case histories are adequately presented. However, some of the technical descriptions are not borne out by many personal clinical experiences. Referring to the neurosis of homosexuality, the author says, "the human mind cannot conceive of the possibility that a force existing within the individual should untiringly . . . seek out humiliation, defeat, and pain." On the contrary, the human mind *can* conceive of such a force—a force Dr. Bergler calls psychic masochism. Furthermore, the mind is unable to cope with this force, until psychiatric therapy uncovers and defines it for the individual. Dr. Bergler attempts to refute certain other basic precepts. For example, he speaks of unconscious pleasure arising out of conscious displeasure. It is a physiologically accepted fact that the central nervous system reacts to pain or pleasure and does not have any special equipment for converting pain into pleasure. Though the masochist derives satisfaction out of pain, the self-inflicted pain is always devastating to the psyche or soma, but is by no means pleasurable. To his credit, Dr. Bergler recommends public education on the problem of the homosexual. For, only if we have an enlightened public, and a "new climate of opinion," he says, can it be possible to approach the legal situation.—John M. Montgomery.

●

WOMANHOOD, by Margaret Moore White. Pp. 144, price 10 shillings (\$1.40) from Delisle, Ltd., 238 Edgware Road, London, W2, England, 1958.

An English obstetrician and gynecologist

writes this book for girls and women, taking them over the journey from girlhood to maturity. Illustrated with 40 drawings, it covers many points about which girls may be concerned and on which they may not have found it easy to get simple and accurate information. Delisle, Ltd., the publisher, is a London organization specializing in the field of sex education, marriage and the family. Dr. White suggests that contraception measures be continued for two years after the menopause in order to avoid the possibility of a surprise pregnancy. This would probably be more important if the menopause occurred at age 42 than at age 52! Again she remarks, "During late middle age there is in some cases an increase in libido, sometimes to a pathological degree," and a wife must be prepared to meet her husband's needs. This is true; but more often the husband's interest declines and he needs more stimulation from his wife to avoid the middle-age slump which wrecks many marriages.

Other Books Received

THE MATERIALS OF DEMOGRAPHY: a selected and annotated bibliography, by Hope T. Eldridge. Pp. 222, paper covers, price \$2 from Prof. Kurt Mayer, secy., Population Assn. of America, Brown University, Providence, R.I.

THE CHILD WITH A MISSING ARM OR LEG. Price 10c from Superintendent of Documents, U.S. Government Printing Office, Washington 25, D.C.

IMPLEMENTING ENRICHMENT THROUGH A CURRICULUM CONSULTANT, by Gladys Grimjes. Pp. 2, price 25c from National Association for Gifted Children, 409 Clinton Springs ave., Cincinnati 17, Ohio.

Educational Notes

FROM GENERATION TO GENERATION is a new 30-minute film in color produced for the Maternity Center Association (48 E. 92d st., New York 28, N.Y.) and sold for \$225. It will soon be available for rental. It "tells with imagery and symbolism the universal story of the coming of a baby into a family," not as a mere recital of anatomical and physiological facts but as an integral part of the universal pattern of nature. "Childbearing is seen as an emotional and spiritual experience for the family." The film will be useful for high school and college students, groups of young people, and expectant parents.

FOOTPRINTING of newborn babies should be universal, in the opinion of J. Edgar Hoover, director of the FBI. Writing in the Journal of the American Hospital Association he urges that every hospital train at least one member of the permanent obstetrical staff to take footprints which are accurate and legible, in order to avoid possible mix-up of newborn babies and to assist the authorities in cases of kidnapping, abandonment, or unexplained death of an infant.

SELECTED FILMS FOR PROGRAM PLANNING IN FAMILY LIFE EDUCATION, prepared by the Education Department of the Guidance Center. Pp. 22, price 75c from Guidance Center, 81 Centre ave., New Rochelle, New York.—A catalog of films.

THE COMMISSION OF MARRIAGE COUNSELING will hold its next meeting in Dusseldorf, Germany during the last two weeks of June, 1960. Address: International Union of Family Organizations, 28 Place Saint Georges, Paris 9, France.

Research Notes

OUT of 134 successful suicides, 94 per cent were psychiatrically ill, declared Robins, et. al. (*Amer. Jour. Pub. Health* (49(7). 1959), in a study aimed at the prevention of suicide. Furthermore the authors found that two-thirds of the cases suffered either from manic-depression or chronic alcoholism. Of the manic depressives, 68 per cent stated their intentions of taking their own lives; of the alcoholics, 77 per cent stated their intentions. The authors suggested closed-ward hospitalization as a means of preventing these suicides.

SELF-SATISFACTION in females starts to decline in early puberty, and rises again at the end of adolescence, around age 20, declared Catherine Roff (*Dissertation Abstracts* (20(1): 385-6. 1959). During prepuberty the girl has few tensions, the author said. In early puberty, internal drives begin to confuse her—she strives for independence, yet fears it. At 17, or mid-puberty, the girl's self-esteem begins to rise again.

Around the World

PRAGUE's newspaper, *Svobodne Slovo*, claimed that 50 per cent of that city's marriages end in divorce. Furthermore, the trend shows that divorces are increasing. In the first half of 1959 they were 12.3 per cent higher than in the similar period of 1958. Described in *La Famiglia Italiana* (Dec. 1, 1959).

POLITICAL PRESSURE GROUPS for the family, exist in Europe to an extent scarcely imagined in North America. Latest to be announced is "Presenza della Famiglia," with headquarters at 49 Corso Italia, Milan, Italy. The

idea of "presence of the family" is to remind politicians and others, "Don't forget that the family exists." The organization complains that the family, as such, is almost wholly absent from political problems and ideological congresses, in spite of the fact that the family and its values must underlie the existence of every nation.

THEFT, bodily injury, and extortion are the prime offenses of juveniles in Japan. *Statistics*, 1958, Tokyo Family Court.

FAMILY RELATIONS of the Doukhobors are being straightened out under a special law in British Columbia. The Doukhobors, a non-conformist religious group, have presented a problem for half a century or more. They have refused to comply with any regulation of a "man-made" government, such as registrations of marriages and births. Doukhobors have no clergymen, and the simple wedding ceremony is performed by the parents. Since the Canadian government did not recognize such marriages, all children have been legally illegitimate. Under the amended law passed last year, these marriages are now being registered and the children legitimized. Nearly 400 marriages have already been accepted and it is believed that the total will reach 1,000.

YOUNG WOMEN FACE THE PROBLEM OF A PROFESSION is the subject for the World Federation of Young Catholic Women meeting in Rome, Italy, April, 1960.

FAMILIA ESPANOLA, publication of the permanent secretariat of the congresses of the Spanish Family, in its first issue described the First Congress of the Spanish Family which took place in February, 1959.

EUROPEAN husbands have long been reputed to disdain any part in housework, but this attitude is changing rapidly. Polls in France found 60 per cent reporting that they gave their wives some help, usually in dishwashing. Some say that German men would never lower themselves to such activities, and this is still largely true of the older generations. But residents report that the younger couples have been greatly influenced by the example of American families in Germany where the man of the house lends a hand freely. Among younger German families it is particularly common for the husband to run the washing machine.

JAPAN'S marriages and divorces are declining. Though the population has more than doubled in the past fifty years, marriages and divorces for every 1000 persons have nearly halved. *Statistics*, 1958, Tokyo Family Court.

VIETNAM'S juvenile delinquents increased 123 per cent in 3 years (1955-1958), as compared to 106 per cent in the United States, and 75 per cent in England. Over 90 per cent of these young men were impoverished, and had no trade. About one-third had no homes at all, and the rest came from broken homes or disrupted families. Most of their crimes were thefts, gambling, and bodily injury. *L'enfance dans le monde* (Nov.-Dec., 1959).

POLAND reports more marriages, an average earlier age of marriage, and increased divorce rates during recent years. One-fourth of the divorces occur within twelve months of the wedding. A "School for Parents," founded recently, announces that it intends to gradually evolve into a "School for Future Parents."

PRACTICAL HELP FOR COUNSELORS

The American Institute of Family Relations offers invaluable material, to be found nowhere else, for the many people called upon to help others in dealing with personal and family problems. In addition to the Correspondence Course in Counseling (see next page), the Institute has prepared a number of unique pamphlets, the most recent being:

Pub No. 524. MARRIAGE COUNSELING. PRICE.....25c

Marriage counseling is largely a matter of re-educating one or both partners. Everyone has a right to expect from marriage emotional and economic security, companionship, sexual partnership, and children. Four rules for successful marriage counseling are given.

Pub. No. 526. THE PRACTICE OF MARRIAGE COUNSELING:

A paper presented to the third International Conference on Planned Parenthood, Nov. 24 to Dec. 1, 1952, by Paul Popenoe, Sc.D. 35c

An illuminating and concise discussion of twelve pitfalls which beset many counselors, and how to avoid them. Aids for formulating a provisional plan of treatment of the client.

Among the other popular pamphlets for counselors are:

Pub. No. 502. MARITAL COUNSELING WITH SPECIAL REFERENCE TO FRIGIDITY 35c

Pub. No. 506. AGGRESSIVENESS AND ITS TREATMENT. (Mimeographed) 10c

Pub. No. 517. SEXUAL INADEQUACY OF THE MALE.....1.00

The most practical, concise and explicit discussion available of the non-medical treatment of a very common condition which affects several million husbands in this country and Canada, and therefore affects an equal number of wives.

MIMEOGRAPHED SHEETS OF SUGGESTIONS for dealing with specific traits: increasing cordiality, decreasing submissiveness, decreasing rigidity, improving an over-critical temperament, improving a subjective temperament, increasing sympathy, increasing self-mastery, improving a nervous temperament, suggestions to clients who are low in "activity," suggestions to those who are over-active, suggestions for reducing over-aggressiveness, suggestions for dealing with depression. Complete set\$1.00



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The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

1. PREPARING FOR MARRIAGE —

The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at \$15 per hundred or \$2.50 per dozen; single copy.....**25c**

23. BUILDING SEX INTO YOUR LIFE —

A Pamphlet intended for young men going into the army or industry; equally valuable for those in senior high school or college; but no less valuable to their sisters, parents, and educators. A simple statement of sexual ethics, constructive and soundly scientific. Sold at \$15 per hundred or \$2.50 per dozen; single copy.....**25c**

FAMILY LIVING CONFERENCES

led by experts from the Institute's staff, are available to any community which is seeking to strengthen family life. Informal lectures and discussions on preparing for marriage, marital problems, parent-child relationships, preparing for retirement, social and business relationships, and other vital matters, provide an opportunity for many people to think and work together in an informal and stimulating atmosphere. These conferences, of one two, or three days, have been highly successful wherever they have been held.

Write for full information to

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